



UCF COM

April 15, 2011

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15 for '15

The Class of 2014 draws from their experiences this past year to give you some advice on surviving medical school.

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Students give some tips on where to live in the Lake Nona and UCF areas.

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*Enjoy your visit to sunny
Orlando!*

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<http://med.ucf.edu/>

Facebook group:
UCF COM Class of 2015



Second Look Newsletter

Welcome to UCF College of Medicine!

Second Look is your best opportunity to get to know more about the medical school that you are considering, and what makes that school the right place for you. More importantly, it is an opportunity to see what UCF COM represents and who we are.

At times, being a medical student at UCF is almost surreal. It is overwhelming how much everyone cares about us and how much we care about each other. The faculty and staff are one of kind. It is not uncommon for most medical school faculty to look towards their classroom obligations as something that is getting in the way of the “real” job. At UCF, the students are the priority of the faculty and they let us know through their support inside and outside of the classroom. Our relationship is not just one of medical student and professor; it is much more like family. We are looking forward to welcoming another 80 great family members in August and continuing to build this incredible medical school with you.

Home Sweet Home

If you're not from Orlando...welcome to City Beautiful, also called O-town. Most people take Orlando to be tourist and shopping mall driven, but that's not the truth. Orlando will surprise you in many ways. When I first moved here, I was a skeptic...but since then, Orlando has grown on me. We have a wonderful downtown, and reputable neighborhoods like Thornton Park, Winter Park, and Baldwin Park, for you to study your life away. There are plenty of shows, concerts, and plays, which serve as great study breaks. Being in the heart of Florida, you are 45 minutes away from the beach, which is another great study spot. The food fare is decent in the city, being a mix of all the languages represented in the area. Orlando has many great places to explore with friends, loved ones, or classmates. Take it easy and have fun while at UCFCOM, Nona, and in Orlando.

Dennrik Abraham

One of my favorites!

El Bodegon Tapas Restaurant
400 S Orlando Avenue
Winter Park, FL

A little pricier than Ceviche, but more authentic in what they serve. The atmosphere is welcoming and warm, and great for a date spot. It's not too loud even on the busy nights, making it a plus to go to for a decent size party. The sangria is almost as good as mine ;), if not the best in town. The patatas bravas come with an excellent aioli and the croquettes are of top consistency: crispy fried outside and a soft, savory filling of Serrano ham and manchego cheese.

Enjoy this eatery in Orlando!



A helpful tip:

Studying 101

If you're a migratory study bird like I am, I suggest you find the best coffee shops for you to go to. You'll need to find the best places that serve coffee and/or tea, (I like to pack food to save money) a good atmosphere, and baristas that are nice and will occasionally give you free coffee. If driving is a hassle, you can also migrate within COM, trying different floors, tables, rooms, chairs, etc.

Words of Wisdom from a M1

When applicants think ahead to their future as medical students, even the most confident student will have some degree of apprehension regarding their ability to balance the heightened work load commonly associated with a medical degree, while trying to hold onto their lives outside of school. This is not an uncommon fear, nor is it one that should be ignored. I can say from experience, and from interacting with a very hard-working and intelligent group of classmates, that despite the intensity of the curriculum, medical school can be one of the most enjoyable and fun things you will ever do. I would like to share a few things that I have come to realize since the first day of medical school, in the hopes that it will ease your beginnings at UCF's College of Medicine:

First and foremost, every student gets accepted for a completely different reason than the person sitting next to you on the first day, and it is important to remember that your unique background and interests should never be lost in the sea of books. The key to living happily through your four years is time management. Allotting time for your studies each day, rather than cramming before a midterm, can be the difference between a care-free or stressful lifestyle. With that said, reviewing what made you an attractive applicant is also extremely beneficial! Don't let the hobbies and interests that polished your essays fall out of practice. Focusing all your attention on school is a sure way to overwork yourself; the little things like art, playing music, reading or playing sports can save you when you feel overwhelmed.

Don't try to learn everything all at once. I can clearly remember leaving at the end of a tough day, panicking, trying to come up with some way to force three pharmacology lectures, complete with tables, values, applications and little facts, into my brain before classes began the next day. What a medical student needs to remember is that in this curriculum, you will be using what you learn on a daily basis, and by actively participating in class, and reviewing your lectures frequently, you will assimilate the knowledge as you progress.

So, instead of trying to bluntly memorize every detail of your notes each day after class, allow the material to become part of your life as you apply it, and link its importance to the slides given in lecture. This way, the information has weight; before you know it, you will be recalling concepts in great detail without ever having the feeling of "sitting down and memorizing."



Words of Wisdom from a M1

Don't be afraid to have fun. When times get tough in school, don't forget that medical school doesn't mean that you are no longer able to spend a Saturday at Disney World, or fall asleep by the pool. Whether it is your favorite TV show, going out on a date, or playing a game of pool, you will find yourself falling behind unless you learn when strategically not to study. Students often fall into a mindset that makes them feel guilty when they take a day off. The little voice in their heads says, "You're in medical school. You can rest when you graduate". This is simply not true. Actually, it is a terrible idea. You cannot perform at your highest level without indulging yourself in some fun.

It is okay if you don't know the answer. Don't allow yourself to feel bad when you are confused by a concept in your lectures, when you do not know the answer to a review quiz question, when you struggle with the proper techniques in clinical skills, or when you answer a question wrong in class. You're in medical school. This is normal. However, when you find any of these things to be true, do something about it! A great professor in my undergraduate studies once advised me to "work, not worry". I find this to constantly hold true. If you don't understand, figure it out. If you stumble in clinical skills, practice. UCF COM professors are extremely accessible, and they know what they are talking about. Stopping by a teacher's office after class for 15 minutes can save you hours of frustration.



Bonfire at the UCF COM

Finally, while I have spoken a great deal about the remembering the lighter side of medical graduate studies, I must address the more demanding aspect as well. The fact is that medical school is, and always has been, one of the most challenging and demanding forms of graduate education. You will study a lot. You will work very hard on a daily basis, and you will encounter stress and anxiety just like every other student who has ever traveled your path. The important thing is how you deal with these obstacles. Balance your time between work and play. Take advantage of your professors and classmates to learn. Find fun things to break up your schedule when you are feeling overwhelmed and, finally, remember that as long as you can confidently say that you have given it your all, and done the best you are able, look at any negative situation as nothing more than an opportunity to be made aware of things you can actively do to become the best doctor you can be.

John Calhoun



A variety of
Organizations
to suit your needs

AMA at UCF COM

The AMA at UCF College of Medicine would like to welcome the upcoming class of 2015! We are very excited to have you join our COM family and we hope that you also become part of the AMA family.

The AMA has many amazing opportunities for you. This year we hosted social, community service and educational events. Our members helped build a house for "Habitat for Humanity," hosted an organ drive at the COM and filled over 100 stockings for children in need during the holidays.

The AMA also organized many educational opportunities that benefitted AMA members and the College of Medicine as a whole. For example, we recently hosted the Florida Medical Association president Dr.

Madelyn Butler who gave a very engaging talk about "The Impact of Reform on Health Care in Florida." The event was a true success and was attended by staff, faculty and students including Dean German.

AMA members also partake in national conferences. Last November three members were able to fly out to California and be part of the Interim Meeting. Currently, some members are planning on attending the National AMA Conference in Chicago this upcoming June.

So, keep the AMA on your list of groups to join! We have something for everyone and we can't wait to have you become part of our family!

Racha Khalaf
AMA President

15 for '15

We asked the class of 2014, "What do you wish you had known last summer?" Here's what they came up with:

1. Take advantage of orientation week to meet your fellow classmates. These will be the people who are battling in the trenches with you for the next four years, so embrace them!
2. Don't buy books before the class starts. The library has copies of everything. Wait until you start the first module, then figure out which books you will need or what your learning style is.
3. Balancing your academic and social schedule is possible, if you make time for it. For example, 6 of us went on a cruise to the Bahamas over a weekend, which was one of the highlights of this year.
4. Drive slowly on Lake Nona Blvd. There are cops all the time, and you don't want to risk getting a \$100+ ticket.
5. A rolling stop is not a real stop, according to the cops (and the law).
6. Make a trip to Costco and load your locker with food and a blanket. You'll need them on those nights when you're studying at COM until 3 am.
7. Do a quick review of everything you've learned in class that day. Otherwise you will fall behind.
8. Exercise is a great way to de-stress! There are many options—IM sports, yoga, morning runs. IM floor hockey is a great way to get out your aggression!
9. Make friends with the students that like to give back-rubs. Then, exploit them. That's what I do.
10. Take advantage of time off before and during medical school to do things that are personally enjoyable to you.
11. Go with your gut about the school you want to go to, the people you meet, and the decisions you make.
12. Find a hobby so that you have a way to de-stress when times get tough in medical school.
13. The key to medical school is learning to organize the massive load of information in a way that caters to your learning style.
14. Take advantage of the class above you while they're there, and ask them all your questions about how to study, what books to buy, which restaurants are the best.
15. You go into medical school thinking you are going to meet new colleagues, but then you realize you are actually meeting your new family.

Did you Know?

1. According to Carlson Wagonlit Travel's Trends Survey, Orlando is the second most popular domestic travel destination in the country (Las Vegas placed first).
2. The official nickname of the city of Orlando is "The City Beautiful," although it is also known as "O-Town."
3. Before there was Disney, there was also a considerable amount of cattle ranching in Central Florida; you can still see cattle grazing along certain stretches of the 417 GreeneWay Expressway.
4. Out of the estimated 50 million tourists who visit Orlando each year, over 2 million are international visitors.

<http://www.orlandoescape.com/ezines/fun-facts-orlando.htm>

AMERICAN MEDICAL STUDENT ASSOCIATION (AMSA)

This March, 10 UCF COM students went on an all-expenses paid trip to our nation's capital to attend the AMSA national conference. The trip provided opportunities for medical students across the country to interact with each other while also learning about health policy, public health and the changes occurring in the medical community.

Students sat in a love circle with Patch Adams and discussed compassion and later attended a pathology lecture by Dr. Goljan. After listening to the latest changes in the USMLE by the writer of First Aid, they had the opportunity to learn about global health opportunities. During lunch breaks, students and faculty had the opportunity to converse while making teddy bears for children.

The AMSA chapter at UCF COM won the Paul Wright Chapter Success award, which rewarded the six best AMSA chapters in the country. Deepthi Sudhakar presented a poster on her previous research and won the Member's Choice award. The trip was a huge success, providing opportunities to make connections and to enrich student's knowledge about the health care profession.

AMSA is the nation's largest student-run medical student organization, with 62,000 members nationally. Past medical students in AMSA have had a huge part in vital issues in medicine. AMSA presented the data that residents were overworked and needed a limit on work hours. AMSA is leading the effort to remove the influence of pharmaceutical companies in medical schools and in practice. Our history is rich and I invite you to read about it at amsa.org.



Hot Spots

Have you explored the wonders of Florida?

From its beautiful sandy beaches to its swampy Everglades National Park, Florida has a lot to offer its residents. There's so much to see and do in Florida – theme parks, water sports, outdoor adventures, hot air ballooning – that the possibilities are endless. The only problem you'll have on your weekends here is deciding what to do.

1 Fort Lauderdale

Fort Lauderdale is known as the Venice of America because the city has 185 miles of local waterways.

2 Miami

Greater Miami is the only metropolitan area in the United States whose borders encompass two national parks. You can hike through pristine Everglades National Park or ride on glass-bottom boats across Biscayne National Park.

3 Florida Keys

The Benwood, on French Reef in the Florida Keys, is known as one of the most dived shipwrecks in the world.

<http://www.50states.com/facts/florida.htm>

UCF COM medPACt

On behalf of Medical Students Providing Across Continents (medPACt), congratulations on your acceptance to the class of 2015! We are eagerly awaiting your arrival in the fall and hope that this group can satisfy your desire to make a difference internationally using medicine. Close to entering its third year at UCF COM, medPACt is significantly expanding its scope of impact and looking forward to a productive year ahead. In December 2010, three students and one professor from UCF COM partnered with the Latin American Medical Student Association (LMSA) at University of South Florida College of Medicine (USFCOM) to provide healthcare to an indigent population in a village called Los Higos outside of the town of Jarabacoa in the Dominican Republic. Project World Health of USFCOM performs an annual visit to this site each summer; the USFCOM-UCFCOM collaborative represents the inaugural December trip. Both schools are currently in talks to achieve more sustainable care and address a few of the public health issues, such as malnutrition and sanitation.

MedPACt also plans to launch a number of initiatives back at the Lake Nona campus, starting for the 2011-2012 school year. These include the following:

- Medical lectures in Spanish by in-house faculty
- Spanish hour with UCF COM staff native speakers
- Global healthcare conference at UCF COM, fall 2011
- Screening of *Living in Emergency* with a Doctors Without Borders speaker
- International aid mixer with other UCF organizations and professional schools

Finally, we want this to be *your* organization and encourage your participation from the onset. So, if you have any questions or would like to put ideas forth then please feel free to contact the medPACt President, Bobby Palmer: robertpalmer@knights.ucf.edu.



NEWS FLASH: CAFFEINE IS THE NEW WATER

As the new dynasty of the UCF COM family, the class of 2015 shall partake in all the greatest pastimes of medical school. At the top of that list and our personal favorite—STUDYING (for 10+ hours a day). In fact, studying is almost a social event in medical school. So that you don't get distracted by McDreamy or even McSteamy, here is a list of study spaces the class of 2014 have tried and loved. So pack your ear plugs, laptops, and Gray's Anatomy; I wish you many a productive caffeine-induced study session.

1. Starbucks – Near the Airport
2. Panera Bread – can get a little crowded but they have free Wi-Fi; Waterford Lakes, Downtown
3. Drunken Monkey Coffee – food, coffee and board game nights on Friday; Bumby Ave
4. Legends leasing office – comfortable seating and you can also reserve the conference room
5. Dandelion Communita Café – eclectic mix of vegan food, entertainment and of course, tea; Downtown
6. Austin's Coffee House – open 24 hours and it's 100% organic; Winter Park
7. Stardust Coffee House – great coffee, food and live music; Winter Park

How to spend the final spring break of your life

1. Dance at Carnival in Jamaica
2. Ski the wonders of Utah with Snowmar!
3. Party with the crazies at Ultra in Miami.
4. Go on a cruise to a tropical destination.
5. Help kids in Haiti.
6. Beach it up in the Florida Keys.
7. Visit home.
8. Do not study.
9. Do not work on your FIRE project.
10. Do not come to school – exceptions include printing your boarding pass and working out.



WHERE OH WHERE CAN I LIVE?

Congratulations UCF COM Class of 2015! We are so excited that you have chosen UCF COM for your medical education, and can't wait for you to start this fall!

After contemplating 'what would I want to know if I was moving to Orlando, Florida?' I decided the most practical thing to share with the new incoming class were my thoughts on picking a place to live.

One of the benefits to living in the Lake Nona area is that it is quiet, yet you have access to all the major interstate roads that can bring you anywhere in the Orlando area. If you're used to big city living, there are no buses or trains that will bring you to school from the Lake Nona area, and walking to school every day isn't ideal. However, I suppose you could walk or bike to school every day if you allotted enough time, and bring a suitcase to roll your books! ☺

Also, when you are searching for places to live, don't forget that Kissimmee (yes ~ it's a city and it's actually where Disney World is located) is just around the corner from Lake Nona. Another thing to consider is investing into purchasing a condo or home if your budget allows. Several students and their families purchased short sale condos, etc. Some are \$65,000 + in the Orlando area, and are VERY NICE. As I understand it, the Orlando area took a huge crash when the real estate market plummeted. *Disclaimer: I have no expertise in these areas, and these are my humble opinions and what I have "heard." I have no idea what the future profit or loss of investing into a condo holds for you or anyone else for that matter. If I did, I might have another career. Haha!*

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Living by yourself ~ Condo living!
 If you decide to live by yourself, I really recommend looking at condo living. If you look on craigslist (last time I looked) there are some one-bedrooms in the Lake Nona/Kissimmee/Lee Vista that are in the \$600-\$700. Yes, if you live farther you can get even lower rent. Many owners of condos are happy to rent out their condo investments at rates that are well below apartment living costs.

WHERE OH WHERE CAN I LIVE?

So here is my 'abbreviated version' of a few of the places to live in the UCF COM area to get you started:

The Legends at Lake Nona

~ *The "Easy" and Quick Solution*

www.legendsslakenona.com

The majority of UCF COM students live here. It's a very nice apartment complex, and it's sort of like the dorms in the sense that most of your classmates will probably be living here. You literally live behind a Publix, and a plaza that has a gym, Thai Food, Japanese Food, Subway, and other stores. The last time I looked, this was by far the most affordable apartment complex in the Lake Nona area. Ask for the UCF COM discount, brought to you by the class of 2014! If I were living in an apartment with roommates, I think this would be a great place to live for the first year because they are the cheapest apartments that are close to the school and where the majority of my classmates will be living.

NorthLake Park

www.northlakeparkapt.com

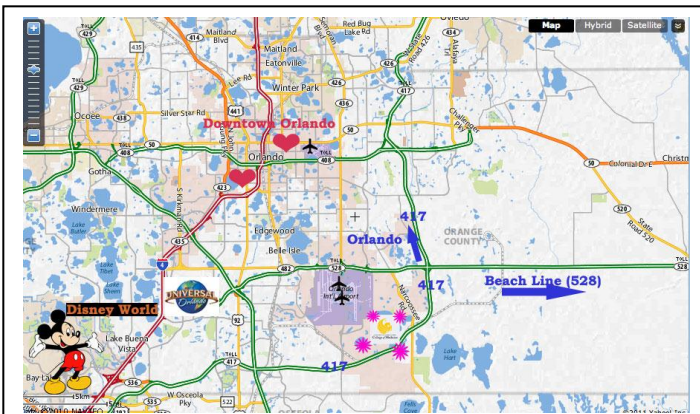
These are VERY nice apartments, but also pricier. There are some medical school students to live here by themselves or share with other medical school students.

The Reserve at the Beachline

www.reserveatbeachline.com

These are also very nice apartments located close to UCF COM, but they are also pricier. For those of you that don't know the Central Florida area, the Beachline is an interstate that goes East-West and will take you to either the beach from Orlando or to I-4. I-4 is another major interstate that cuts through the heart of Orlando.

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Best Value ~ Split a condo or home with roommates! The prices range so much, but you get more for your money when you rent a home or condo and split it with other people. But, the perk of an apartment is you don't have to worry about maintenance and the amenities of the complex may be awesome.

WHERE OH WHERE CAN I LIVE?

Craigslist

~ *The Practical and Economical Solution*

orlando.craigslist.org

Craig was a very smart man. ☺ A lot of medical school students rent houses with several bedrooms and have roommates. If you are doing this, you can look on craigslist for homes in the Lake Nona, Kissimmee, and Lee Vista area.

Some students rent multi-bedroom homes in the Lake Nona area that they found either on craigslist, internet, or through a realtor.

Savannah Pines (Condo)

www.savannahpinesliving.com

Some students live in a condo area called Savannah Pines. You can find some of the condos for rent through craigslist, internet or a realtor.

Kissimmee

As I said before, this is the ***actual*** home of the mouse. I don't really know anything else about Kissimmee other than there is an alligator attraction and/or bar, airboat rides, and the major road called US 192 will take you into Melbourne, Florida, which is near the beach. I also know that some students rent homes in the Boggy Creek area.

Lee Vista

It is a little bit more of a commute to school, and depending on how fast you drive it can take up to 20 min to reach UCF. However, you are closer to Semoran Blvd, which has the largest assortment of restaurants in the Lake Nona Area, is home of the closest Starbucks, and is even more close to the airport. There are many apartment complexes and condo areas here that are often cheaper than in the Lake Nona Area. Did I mention there is a pirate slide at the recreation center for the residents of Lee Vista Lakes?

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WHERE OH WHERE CAN I LIVE?

The Camden at Lee Vista

(Apartments)

<http://apartments.camdenliving.com/orlando-fl-apartments/camden-lee-vista/AptPropertyDetail.aspx>

They post all over craigslist with several different prices that are very enticing. However, the last time I checked, their prices were based on availability, they had a lot of extra fees that weren't included in the listing price, which resulted in the total monthly cost being about the same as living in The Legends at Lake Nona. Personally, I would rather live closer to school if it is going to cost me the same...but perhaps their prices have changed? It is definitely worth checking out because it is a very nice apartment complex area.

The Arbors at Lee Vista

(Apartments)

www.thearborsatleevista.com

These apartments are very similar to The Camden at Lee Vista.

Crowntree Lakes (Apartments)

5759 Crowntree Lane
Orlando, FL 32829
(866) 797-9958

These apartments are beautiful, affordable, and located right next to the interstate 417, which brings you right to UCF COM. This is perhaps my favorite option for students with families or older students because they have a program called "Rent with Equity" which helps you to save towards owning a new home.

Lula Hascue

Pet Owners

I highly recommend renting a house or condo. You are more likely to find an owner that is willing to rent to you without requiring a non-refundable deposit for your pet, or they will give back your pet deposit if you pet doesn't damage the home. Most apartments require hefty non-refundable pet deposits.

If possible, look for homes with tile. It is easier to clean, and less likely your animal will damage the carpet. *Comfort Zone*, which comes for dogs and cats, is a plug-in that I've found helped alleviate the stress associated with moving...at least for my animals. It won't stop your animal from chewing up your furniture if that's what they do, but it has helped my animals be less anxious while adjusting to their new home. ☺

WHY UCF COM?

Deciding on a medical school can be a daunting process. During this time, students gather as much information as possible to determine which school is the best fit for them. Often the most valuable information comes from current medical students who have already experienced life at that school. After our first year here, here are the top 10 reasons we love UCF COM.

1. **Smaller Class Size.** With only 80 students in UCF COM's Class of 2015, students have increased leadership opportunities and personal attention from faculty.
2. **Community Support.** Orlando's building excitement for UCF COM and Lake Nona's Medical City provides many unique opportunities and contributions from the community.
3. **Access to Experts.** Our clinical skills and anatomy labs are filled with experts from the COM and community eager to help our students. For example, few schools have 10 neurologist/ neurosurgeons volunteer in the anatomy lab to help students with brain dissections!
4. **Facilities.** State of the art facilities including the anatomy lab and simulation center provide students with the most innovative approaches to learning medicine.
5. **Research Opportunities.** Partnerships with Burnett School of Biomedical Sciences, Sanford-Burnham, Orlando Health, and Florida Hospitals offer students the chance to become involved in groundbreaking research in many exciting fields.
6. **I Module/ FIRE Project.** Having research time allotted in the curriculum gives students a chance do research that interests them the most during medical school. This, as well as funding for the projects through COM, helps "keep the dream alive".
7. **Culture.** Friendly, nurturing environment that promotes the diversity and individuality of our students and facilitates learning.
8. **Orlando- "The City Beautiful".** Orlando has a great mixture of dining and nightlife, as well as theme parks, nearby beaches, and beautiful Florida nature.
9. **A Chance to Make Your Mark.** As our curriculum and culture is developing, you have a unique opportunity to influence our school and leave your mark. Driven, pioneering spirits are needed!
10. **Students.** You will spend an enormous amount of time over the next 4 years with your fellow classmates. Second look is great for seeing how you will fit in. UCF COM students are caring, balanced, intelligent, and fun-loving—great partners for late night study sessions.

In the end, select the school where you will be happy, fit in, and be the most successful. Regardless of your choice, congratulations and good luck in beginning your medical career!

Brittany Rowe

Fun in Orlando

Music: Between downtown Orlando, UCF's arena, The Hard Rock, or many other small venues, there is plenty of music coming through Orlando. Orlando has its own Philharmonic Orchestra as well as plenty of local acts.

Night-life: Orlando is home to a wide variety of fun places to go when the sun sets. International Drive has entertainment for both tourists and locals: a dueling piano bar, laser tag, an IMAX movie theatre, and a blues bar and grill. Downtown has plenty of good bars and clubs, with delicious greasy pizza always within reach.

Food: Around Orlando and Winter Park you'll find locally owned cafes and bistros, as well as some great upscale restaurants. Winter Park has a Saturday morning market with great fresh produce and baked goods.

Natural Beauty: Orlando has great weather year round and plenty of parks, lakes, and nearby natural springs to enjoy it. Within an hour drive, the beach is a great place to relax or enjoy the waves. Scuba diving, canoeing, and surfing are some of our class' favorite ways to enjoy the outdoors.

Sports: Blue and White unite! Go Magic! Our basketball team offers student discounts for many games and several classmates have gone to cheer on this winning team. UCF football games are also a lot of fun, even though we don't do much winning. Don't forget the cooler for the tailgate!

Arts: The Orlando Museum of Art is well known among locals and contains a permanent collection featuring African Art, American Art, and Art of the Ancient Americas. Around town there are several smaller museums with unique special exhibits. For those who enjoy performance arts, the Orlando Ballet and Shakespeare Theater perform several shows each year. If the local fare is not enough, traveling Broadway shows often make a stop here in Orlando.

We hope you enjoy your Second Look Experience!

Feel free to contact the Class of 2014 Student Council with any questions at the following email address:

medstudentaffairs@ucf.edu